



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:30am	4 lanes	4 lanes	4 lanes	4 lanes	4 lanes		
6am	H2O Cardio	Masters Swim	H2O Cardio	Masters Swim			
6:30am	Lap Swim 1 lane	Lap Swim 2 lanes	Lap Swim 1 lane	Lap Swim 2 lanes			
7am	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Masters Swim	Lap Swim
7:30am	4 lanes	4 lanes	4 lanes	4 lanes		4 lanes	1 lane
8am							
8:30am							
9am	H2O Cardio	H2O Cardio	H2O Cardio	H2O Cardio	H2O Cardio		
9:30am	Lap Swim 1 lane	Lap Swim 1 lane	Lap Swim 1 lane	Lap Swim 1 lane	Lap Swim 1 lane		
10am	Lap Swim	Lap Swim 4 lanes	Lap Swim	Lap Swim 4 lanes	Lap Swim		
10:30am	4 lanes	Group Lessons	4 lanes	Group Lessons	4 lanes	Group Lessons	Lap Swim
11am		Lap Swim 1 lane		Lap Swim 1 lane			
11:30am							
12pm	Wave Running	Lap Swim	H2O Cardio	Lap Swim	H2O Cardio		
12:30pm	Lap Swim 1 lane	4 lanes	Lap Swim 1 lane	4 lanes	Lap Swim 1 lane		
1pm	Lap Swim		Lap Swim		Lap Swim	Open Swim	Open Swim
1:30pm	4 lanes		4 lanes		4 lanes		
2pm							
2:30pm							
3pm							
3:30pm							
4pm		Group Lessons		Group Lessons			
4:30pm	Lap Swim 1 lane	Lap Swim 1 lane	Lap Swim 1 lane*	Lap Swim 1 lane			
5pm	Group Lessons		Open Swim*	Group Lessons	Adult Group Lessons		
5:30pm		Lap Swim			Group Lessons		
6pm		4 lanes			Lap Swim 3 lanes		
6:30pm	Open Swim						
7pm							
7:30pm							
8pm							
8:30pm	Lap Swim						
9pm	4 lanes						
9:30pm							
9:45pm							

Lap Swim

A time reserved for lap swimming and other conditioning activities. Private lessons available during this time. *No lap swim during Family Fun Night Open Swim (3rd Wednesday of every month, 6:30-8:30pm).

Private Lessons

We offer private and semi-private lessons to accommodate any age and skill level at a variety of times. A section of the pool may be limited for the lessons. Call 365-7393 for more information.

Group Lessons

We offer a variety of swim lesson programs at Starfish Academy to accommodate any age and skill level. Call 365-7393 for more information.

Adult Group Lessons

A variety of swim lesson programs specifically for adults.

Open Swim

A section of the pool is dedicated to activities for all ages. Lifeguards will be present and water slides may be turned on at their discretion. Children under 9 MUST be accompanied by an adult.

Group Fitness

A variety of fun, FREE classes for members.

Rental

A time reserved for pre-booked special programming in the pool.

The Gauntlet

A time reserved for Gauntlet party rentals, a floating obstacle course for children ages 6+. Contact a Reservation Specialist at 365-7393 for more information. *Every 3rd Wednesday for Family Fun Night.

POOL HOURS
MON-THUR
5AM-9:45PM
FRI
5AM-8:45PM
SAT-SUN
7AM-7:45PM